David Tian, Ph.D. presents…

CHARISMA CODE:

Part 1

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What You're Going To Learn

- Everything…
- It all starts with your beliefs and thoughts
- Feelings
- What to do
- What to say
- How to be your best self on a consistent basis

What's The REAL Problem?

- It's NOT that you don't know what to say or do
- It's not even bad Body Language, Eye Contact, Tonality
- It's that YOU (your character) are not ATTRACTIVE enough
- Because you THINK the wrong things and BELIEVE the wrong things
- Which leads you to FEEL the wrong things
- Which leads you to say and do the wrong things
- And when this happens consistently, it creates a character

Think and Get Laid: My Secret

- So it all starts with your THOUGHTS
- That's why mastering women is thoroughly covered in ancient philosophy
  - Starts and ends with transforming your thoughts and your "self"
  - Moral Self-Cultivation (Confucian, Daoist, Buddhist, Greek, Stoic, Christian)
  - Flow (Peak Performance, Cognitive-Behavioural Therapy, and the good Self-Help)

Sub-Communications

- Attraction is an emotion, not about logic or rationality
- Attraction is due 90%+ to your body language and tonality (not your words)…and your BL and T are almost always due to your emotions
- We are constantly sub-communicating our emotions to other people and unconsciously reading other people's sub-communications
- Micro-managing sub-communications is almost impossible and counter-productive

Emotional Contagion

- Mirror Neurons
  - Extracts emotional meaning from nonverbal images unconsciously
    - Bypasses brain's verbal processing areas
- Go First
  - Induce the desired emotional state in others by first generating it in yourself

GAZE FOR A MOMENT AT THIS FACE:

Cultivate Your Intuitions

- The secret from ancient and medieval Asian philosophy
- Natural: Automatic responses, Unconscious cognitions
- How?
- INTERNAL change: Change your thoughts to change your world
- EXTERNAL change
  - Fundamentals (BLTEC)
  - Do your Reps
    - Drill, Rehearse, Practice (10,000 hour rule)
  - Surround yourself with your goal (mentors, visualisations, environment)

Your Thought Life: The Deep Secret

- 80%+ of the secret to successful transformation is controlling your "thought life"
  - Christian, Confucian, Buddhist, Daoist, Islamic, Greek, Stoic, Cognitive-Behavioural Therapy, Peak Performance, plus every effective transformational method
- Monitor your thoughts "like a cat catching mice" (Buddhist/Neo-Confucian) to root out any inappropriate thoughts or replace limiting beliefs
  - Carefully select what you let into your mind
    - People you spend time with
    - What you see and hear

Review I

- What's the Real Problem
- What Really Matters
- Think and Get Laid
- Sub-Communications
- Emotional Contagion
- Cultivate Your Intuitions by Controlling What You Allow Into Your Mind and Monitoring What Your Thoughts
- How: Both Internal (~80%) and External (~20%)
- NEXT: Approaching and opening, Conversation, How to know whether she likes you

Let Me Show You

- Wedding Crashers
- Russell Brand
- Aviator
- The Departed

Approaching and Opening

- Warm Up "approaches"
  - Get in a social and talkative mood
    - Stream of Consciousness drills
      - Talk to EVERYONE
  - Litmus Test
  - Outcome Independence
- Direct. Implicit Direct. Indirect. Observational. Nonverbal. Playful. Low Value. High Value.
- Best are unscripted, spontaneous Flow State openers

Controlling Conversations

- Good vs. Bad Threads
  - Emotions vs. Logic/Rationality
  - Other negative threads
- Speak from the Self: I, me, my, mine, etc.
- Threading: Words, Phrases, Themes
- Thread Amplification
- Thread Reversal

Conversational Hook Point

- Required for key escalation windows
- Basic Structure
  - Your question/statement
  - Her response
    - Your response to her response
    - PAUSE
    - Her re-initiation
- Max 3 cycles
- Why Pause?
- “You can’t talk a girl into bed. Only she can talk herself into bed.”

How to Know She Likes You

- Physical
  - Preening, Proximity, Directionality, Eye Contact, Touching, Following, Arousal
- Verbal
  - Agreement, Reactivity, Excitability, Attention, Questions, Contributing to Conversation, Vulnerability
- Investment: Time or Effort or $$$

Review II

- Approaching and Opening
- Basic Conversation
- Hook Point
- How to know she likes you
- NEXT: How to hack into your naturally attractive state so that girls love you with hardly no effort by you at all

FLOW

- Effortless Excellence
- Think back to a time when…
- Key characteristics
  - Attainable challenge
  - Immediate feedback
  - Time distortion
- Flow through life (the secret of ancient philosophy)

Paradox of Flow & Outcome Indepedence

- Must be outcome independent to get the outcome
  - "Try not to try"
- The common theme of ancient philosophy and religion
  - The Indirect Method to Salvation
  - Figure out what will get you to your destination… then forget the destination…and lose yourself in the journey or process

Borrow from the Tao of Steve

- 1. Be Desireless
- 2. Be Excellent
- 3. Be Gone

Flow Hack

- This should occupy 90% of your mental processes during the social activity:
- 1. Have Fun
- 2. Make Others Have Fun
- 3. Make Connections and See If People Meet Your Standards
  - Screening Frame
- Remaining 10% can be Logistics and Your Sticking Points
- Prepare, rehearse, and drill BEFORE going out, not during

Other Flow Hacks I

- Quick-fixes for Flow (in the moment, in the venue)
  - Mr. Bean Method
  - Immersion in Environment
  - Immersion in Ancillary Activity
  - I-Spy
  - Let the Body Lead

Further Reading on Flow

- *Flow: The Psychology of Optimal Experience* by Mihaly Csikszentmihalyi
- *The Rise of Superman: Decoding the Science of Ultimate Human Performance* by Steven Kotler
- *Trying Not To Try: The Art and Science of Spontaneity* by Edward Slingerland

Review III

- Flow
- The Paradox of Flow and Outcome Independence
- Be Desireless
- Flow Hack
- Other shortcuts to Flow
- NEXT: What women really want, what Value is and how you can have it so that women want YOU